



THE LANTERN



✧ ✧ The Official Newsletter of the Northeast Region Staff College
Civil Air Patrol

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<http://nersc.nhplm.org>

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WOW We made it this far

**Let's Get ready and
Let have a Party.**

**Time to have
some Fun**

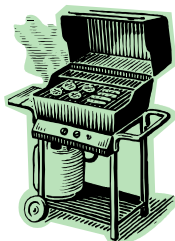
**With the Storm we had to have a Surfing compe-
tition in the Parking Lot.**

"This day in history"
ALPHA Seminar

Wednesday July 14:
1789 – French Revolutionaries storm the Bas-
tille in France

**The difference between
the right word and the
almost right word is the
difference between light-
ning and the lightning
bug.**

-- Mark Twain



Picnic—Cook out

The Picnic is a time to
relax and to have fun. Everyone Staff
as well as students mingle in a com-
mon environment.



Bravo Seminar



Trivia

Where did the
nickname
PUDGY come
from



P-38 Lightning

The [Lockheed](#) P-38 Lightning was a [World War II American fighter aircraft](#). Developed to a [United States Army Air Corps](#) requirement, the P-38 had distinctive [twin booms](#) with forward-mounted engines and a single, central [nacelle](#) containing the pilot and armament. The aircraft was used in a number of different roles, including [dive bombing](#), level [bombing](#), ground [Strafing](#), photo [reconnaissance](#) missions, and extensively as a long-range escort fighter when equipped with droppable fuel tanks under its wings. The P-38 was used most extensively and successfully in the [Pacific Theater of Operations](#) and the [China-Burma-India Theater of Operations](#), where it was flown by the American pilots with the highest number of aerial victories to this date. The Lightning called "Marge" was flown by the ace of [aces Richard Bong](#) who earned 40 victories. Second with 38 was [Thomas McGuire](#) in his aircraft called "Pudgy". In the [South West Pacific theater](#), it was a primary fighter of [United States Army Air Forces](#) until the appearance of large numbers of [P-51D Mustangs](#) toward the end of the war



Never take
Life too
seriously for
you never get
out alive

Quote of the Day

Alpha

"Don't tell people how to do things, tell them what to do and let them surprise you with their results "
General George S. Patton, Jr.

Leadership

"At the age of seven, a young boy and his family were forced out of their home. The boy had to work to support his family. At the age of nine, his mother passed away. When he grew up, the young man was keen to go to law school, but had no education.

At 22, he lost his job as a store clerk. At 23, he ran for state legislature and lost. The same year, he went into business. It failed, leaving him with a debt that took him 17 years to repay. At 27, he had a nervous breakdown.

Two years later, he tried for the post of speaker in his state legislature. He lost. At 31, he was defeated in his attempt to become an elector. By 35, he had been defeated twice while running for Congress. Finally, he did manage to secure a brief term in Congress, but at 39 he lost his re-election bid.

At 41, his four-year-old son died. At 42, he was rejected as a prospective land officer. At 45, he ran for the Senate and lost. Two years later, he lost the vice presidential nomination. At 49, he ran for Senate and lost again.

At 51, he was elected the President of the United States of America.

The man in question: Abraham Lincoln."

— Author Unknown

COOKOUT

Picnics, and barbecues are great ways to celebrate and have fun during the Summer

Plan ahead;
try to take
only what
will be eaten
so you won't
have to
worry about
leftovers



Have a safe cookout Major Paul Mondoux

Picnics, and barbecues are great ways to celebrate and have fun during the Summer, whatever your plans are take care to prepare and transport food safely. A little planning will help prevent food borne illnesses which are so common during the summer months.

Bacteria begin to multiply between 40°F and 140°F, so it's important to keep you food either cold or hot right up to the moment of cooking and/or serving.



To make cleanup easier, take garbage bags, paper towels and damp washcloths in plastic bags.

Transporting Food

- Make sure your cooler will keep foods at 40°F, or plan foods that are less perishable, such as luncheon meats, cheese, peanut butter, etc.. Keep drinks in a separate cooler, since it will be opened more often.

- Plan ahead; try to take only what will be eaten so you won't have to worry about leftovers.

Don't partially precook meat or poultry before transporting; if it must be pre-cooked, cook until done then chill before packing in the cooler.

Pack condiments in small containers rather than taking whole jars.

- Put the cooler in the inside of the car rather than the hot trunk, and keep it in the shade at your destination; replenish ice often.

If you cook food ahead of time, chill thoroughly before putting it in the cooler. If you take hot food, wrap the dish in aluminum foil and towels to keep it above 140°F; if it's a long trip it may be best not to take a hot dish.

- Take-out foods like fried chicken or barbecue should be eaten within 2 hours of purchase or thoroughly chilled before adding to the cooler and transporting.

Safe Grilling

- Be sure all utensils, plates, and cooking surfaces are clean, and your hands are washed well before handling food.

- Take only as much food out of the cooler as you're going to cook right then.

When meat is cooked, transfer to a clean plate or platter - never place cooked meat on a platter which held raw meat.

- The USDA recommends fully cooking meats to ensure bacteria is destroyed. To be sure bacteria are destroyed, hamburgers and ribs should be cooked to 160° F or until the center is no longer pink and juices are clear. Cook ground poultry to 165° F and poultry parts to 180° F. Reheat pre-cooked meats until steaming hot.

- Never reuse marinades that have come in contact with raw meat, chicken or fish, and don't put the cooked food back into an unwashed container or the dish that contained the marinade.

BITES AND STINGS Lt Col Paul Mondoux



Warm weather months invariably include days at the beach, picnics in the backyard, softball games and other outdoor activities. In our activities with the CAP we will find ourselves outdoors. This increased time outdoors also means we will be communing more with six- and eight-legged critters. Most of these critters are harmless and couldn't hurt us even if they really wanted to. A few though, are equipped with poisonous weapons of pain. And whether from a wasp, bee, spider, ant or scorpion--most of us have felt this pain. Insect and arachnid stings or bites rarely cause death. Yet they do cause an incredible amount of pain and suffering.

Here are some facts and tips about the biting and stinging community around us:

* More people die from insect stings than from spider bites. The reason for this is that spider fangs are quite fragile and more people are sensitive to the much more piercing stings of bees, hornets, ants, and wasps.

Two ways to avoid being stung at your next outing:

- 1) Not smelling like a flower by avoiding sweet smelling colognes, and
- 2) Not looking like a flower by wearing white or neutral colors.

* A black widow's bite may go unnoticed until the start of symptoms, which occur anywhere from 10 to 60 minutes after the bite. Symptoms include severe pain at the bite site, headache, nausea, vomiting, and muscle spasms. Anyone bitten by a black widow spider should seek immediate medical treatment.

---- Once You're Stung ----

As you'd expect, most people who've been stung know it. The most common symptoms are limited areas of pain and swelling, with redness and itching. Beyond that the symptoms of bee and wasp stings vary, depending on where you're stung and how sensitive you are to the sting.

First: If you have a known allergic reaction to stings and bites, develop any signs of difficulty in breathing or any excessive swelling seek medical attention immediately.

If you do get stung, heeding the following advice will help reduce the pain and discomfort:

- Gently scrape out the stinger as soon as possible.
- Don't pull or squeeze the stinger. It contains venom, and you'll end up re-stinging yourself. (This applies to honeybees only; yellow jackets, wasps, and hornets do not usually lose their stingers.)
- Clean the sting area with soapy water.
- Apply ice to the sting immediately; it will minimize discomfort and prevent swelling and itching.
- Apply a paste made of meat tenderizer to the sting area. It seems to break down the protein in the venom.
- Take aspirin or acetaminophen for the pain, and/or antihistamine for the itching and swelling (provided you don't have to avoid these drugs for medical reasons).
- If you're stung in the mouth or tongue, get medical help fast--swelling could close off your airway.

The History of the Military Salute

By Major James Ridley, Sr.



There are numerous answers to the question “what was the origin of the military hand salute we use in the Civil Air Patrol and the U.S. Armed Forces?” Several origin stories abound and no one knows the precise origin of today’s hand salute. The most popular and widely accepted origin story from antiquity states that many armies throughout history have used the theory of the right hand salute (or “weapon hand”) as the right hand was raised as a greeting of friendship and in the days that the great knights roamed Europe and the Middle East, as one knight approached the other they would use their right hands to raise their visors in order to demonstrate to the other approaching knight that they were indeed friend and not foe. This simple gesture has evolved into our present day salute.

The military salute has in fact had many different forms over the centuries. “At one time it was rendered with both hands! In old prints one may see left-handed salutes. In some instances the salute was rendered by lowering the saber with one hand and touching the cap visor with the other. “The British and Confederate Army during the U.S. Civil War used the open hand salute, in fact the British still use this salute to this day.

The following explanation of the origin of the hand salute is perhaps closest to the truth: It was a long-established military custom for juniors to remove their headgear in the presence of superiors. It was the regular practice during the American Revolution that a British Army soldier saluted by removing his hat, but with the advent of the more cumbersome headgear in the 18th and 19th centuries, the act of removing one’s hat was gradually converted into the simpler gesture of grasping the visor, and issuing a courteous salutation. After a time the more modern salute became its descendant.

While we may never know what the true origin of today’s hand salute, the tradition of the hand salute utilized by CAP and US military has always been used to indicate a sign of respect to fellow officers of superior grade and it is why we here today salute our superiors within CAP and those of the U.S. Armed Forces.

CHICKEN WINGS™

BY MICHAEL AND STEFAN STRASSER



Who Was Paul E. Garber?

When students successfully complete Level IV of the Civil Air Patrol's Senior Member Professional Development Program along with several other requirements, they receive the Paul E. Garber Award. As part a CAP cadet's education, they learn about famous aviation pioneers and heroes, but what of the senior members who complete Level IV but still ask, "Who is Paul E. Garber and why was this award named after him?" Well the members of the A-Team seek to answer that query here.

Garber was born Washington, D.C. and grew up idolizing early aviation heroes such as the Wright brothers which drove him to serve in the U.S. Army Signal Corps (where all the U.S. Army aviators belonged) during the first World War.

After WWI Garber took a job as a ground crewman and messenger with the Postal Airmail Service as many other aviation branched veterans had done. In 1920 he joined the Smithsonian Museum and for the next 72 years (with the exception of the period of 1942-1945 where Garber served his country during the second World War as a Commander in the US Navy) he worked for the preservation of the world aviation heritage and when the National Air Museum (later National Air and Space Museum) was established in 1946 Garber was selected by President Harry S. Truman to be its first curator and it was he who helped obtain many of the famous exhibits still displayed to this day within its walls. Garber did whatever he could to collect these pieces and once commented "I'll beg or do whatever is necessary to get the old, famous airplanes for display at the museum."

Besides the Level IV award that was named in his after him, Garber's name has been honored in other ways, in fact the Smithsonian's Paul E. Garber Preservation, Restoration, and Storage Facility located in Sutland, MD, was named for him before his death and it is here where the museum preserves and stores aircraft, spacecraft, and other artifacts, and restores these artifacts to represent a specific period in their history..

After a long life, Garber died on September 23, 1992 and was buried in Arlington National Cemetery along with such famous aviators as General Hap Arnold, Major Gregory "Pappy" Boyington and Army First Lieutenant Thomas Selfrage, the first U.S. military aviation casualty.

The Paul E. Garber Award is given to CAP Senior Members who complete Level IV of the Senior Member Professional Development Program. It recognizes those members who have dedicated themselves to leadership and personal development in the CAP. This award was first given in 1964 and honors Paul E. Garber. Mr. Garber was a noted aviation pioneer, curator emeritus of the National Air and Space Museum.



The Paul E. Garber Award Ribbon worn by CAP senior members who complete Level IV of the CAP Senior Member Development Program.

NERSC Students tour a C-17 Globemaster, WRIGHTSTOWN, NJ—Maj Louis P. Fenech, Jr.

On a hot Sunday afternoon in July, the students of the 2010 Northeast Region Conference were treated to a tour of a Boeing C-17 Globemaster III at McGuire Air Force Base. As the bus carrying the students reached the threshold to the airfield, the driver stopped, got out and inspected his vehicle. He was checking to make sure that there was nothing on the bus or the tires that could fall off and be accidentally left on the tarmac for a jet engine to suck in.

The bus then continued down the flight line passing numerous neatly parked aircraft until coming to a stop right next to the plane they were to tour. The group broke into their Seminars and took turns getting information about this huge cargo plane.

One of the guides, the "loadmaster" is responsible for programming and loading whatever cargo is slated to be moved on any given day. He showed the group where his workstation was located and described in great detail the gauges that decorated his area. SrA John Burkley, a former NJ Wing Cadet took great pride in showing his aircraft to the CAP officers present.

The group then took turns visiting the cockpit and received a detailed description of the workings of this interesting piece of technology.

The seminar advisors thanked the crew and as the members began to board the bus, a DC-10 carrying soldiers who were returning from combat arrived, taxiing through an honor guard of fire trucks spraying water over their path as a salute. The students stood and faced the soldiers as they stepped out of the aircraft and through the assembled dignitaries waiting to welcome them home.



Small Talk Goes a Long Way...

Conversations are based on verbal give and take. It may help you to prepare questions you have for the person you are meeting for the first time beforehand. Or, take a few minutes to learn something about the person you meet for the first time before you get together. For instance, does he play golf? Does she work with a local charitable foundation?

Is there anything that you know of that you have in common with the person you are meeting? If so, this can be a great way to open the conversation and to keep it flowing.

Many of us are acquainted with this eloquent example of persistence and determination in achieving victory. We read it, stop for a moment and then sigh and say: "Wow! That's the stuff real leaders are made off."

And in saying this, it's all too easy for us to think about leaders like Lincoln almost as "mythological creatures", separate from the rest of humanity and empowered by some mysterious quality that smoothes their path towards inevitable success. This is the view of leadership that many people have traditionally taken: That leaders are marked out for leadership from early on in their lives, and that if you're not a leader, there's little that you can do to become one.

The Creative Frame of Mind

Often the only difference between creative and uncreative people is self-perception. Creative people see themselves as creative and give themselves the freedom to create. Uncreative people do not think about creativity and do not give themselves the opportunity to create anything new.

Being creative may just be a matter of setting aside the time needed to take a step back and allow yourself to ask yourself if there is a better way of doing something. Edward de Bono calls this a 'Creative Pause'. He suggests that this should be a short break of maybe only 30 seconds, but that this should be a habitual part of thinking. This needs self-discipline, as it is easy to forget.

Another important attitude shift is to view problems as opportunities for improvement. While this is something of a cliché, it is true. Whenever you solve a problem, you have a better product or service to offer afterwards.

Making a Great First Impression

It takes just a quick glance, maybe three seconds, for someone to evaluate you when you meet for the first time. In this short time, the other person forms an opinion about you based on your appearance, your body language, your demeanor, your mannerisms, and how you are dressed.

With every new encounter, you are evaluated and yet another person's impression of you is formed. These first impression can be nearly impossible to reverse or undo, making these first encounters extremely important, for they set the tone for the all the relationships that follows

**Safety is as simple as
ABC:**

Always Be Careful

Summertime is here.

Summertime is here. This usually means more time outdoors for You and Those of all ages and that you have to keep safety in mind at all times to prevent injuries.



Hazards in the summer can pose a risk of serious injury and death. Some of these include drowning, food poisoning, and fireworks injuries. You should always take precautions to protect yourselves from sun burn, poison ivy, and insect bites and stings.

With just a little planning you can have a safe and enjoyable Summer.





THE LANTERN



Effective Communications

Communications are critical. The perfect fact sheet with just the right arguments that's easy to read and gives people the perfect solution will do no good if it never gets to the right people. The perfect action alert with all the right information delivered just before the vote will do no good if it is missing the people's numbers for advocates to call.

First, decide what you are trying to communicate. Do you want them to do something, stop something, learn something or attend something.

Two -- decide whom you are trying to reach. Who is the audience? The same flyer may work both as a fact sheet for people and as an action alert for advocates, but it may not. The same fact sheet may not work for all people - some will want to know what a program will do to reduce the number of uninsured, others want to know if it works in other states, others want to know what it will cost. One fact sheet with all those messages may be too busy.

Three -- frame the message. This will follow from the answers to the first two questions. Keep the message simple - a headline of just a few powerful words. Test your message on a few people from the target audience.

Four -- choose a few facts or a story to make the point. Less is more.

Five -- design your communication. Word of mouth can be extremely effective. If you want to address a misconception among people, the best way might be to enlist a few friends in the legislature to have a conversation with your targets.

Written communications can be effective - they are permanent and you know that the message doesn't change as it goes out (unlike personal communications). You can include artwork and/or color to attract attention.

According to our 2002 Policymaker Survey, both people and staff prefer short, one or two page fact sheets. Brief memos were a close second.

Six -- decide how to get it out. Unfortunately, there is no clear answer about a universal means to effectively communicate with others - some prefer emails, some mailings, and some only personal communications. Timing or your resources may decide for you.

Seven - timing is critical. Not only must the alert arrive in time to make a difference, but there must also be preparation for it. Sending alerts only when you want people to do things is about as effective as politicians who only visit the district at campaign time.

Eight - Send regular updates informing people about the issue. However, only send information when you have something to say. Don't send empty, worthless updates, or readers will not open the next one.